

**El Niño to worsen  
Mindanao power crisis**  
BUSINESS / B1

**Taliban using  
human shields**  
WORLD / A23

**Key Maguindanao massacre  
suspect bolts Sultan Kudarat jail**  
ACROSS / A16

**Toxic fumes kill  
3 in Batangas**  
NEWS / A2

**Draw dashes So  
Aeroflot title bid**  
SPORTS / A19

# PHILIPPINE DAILY INQUIRER

BALANCED NEWS. FEARLESS VIEWS

**WASTELAND** The hot, dry season is turning disaster zone in Batangas' Mt. Gama, where a wasteland. The Department of Agriculture in Cagayan Valley has proposed a project to irrigate at least P1.7 billion in the region if the drought continues.

PHOTO BY AP/WIDEWORLD

# El Niño drying up farms

## Goma: Latest LP bet to be axed by Comelec



**Even 'humad' kids singing Villar jingle**

By Philip C. Tobias

FOR A LIBERAL PARTY SEMI-NATURAL candidates, it's a bad omen: straight frost the results of a long election.

Former House Speaker Roy Sison, who admitted being won for his party after learning that even tribal children in the hinterlands of his own province are heard singing the campaign jingle of Nationalista Party standard-bearer Manny Villar.

(Illustration: humad [indigenous] PRRP 8.17)

By Laila B. Salazar

THE LIBERAL PARTY (LP) MAY have been allowed to keep its colorful endowment but it has one of its star candidates for a congressional seat in Leyte.

After Richard Goma, who was sworn in as LP member in November last year, was disqualified by the Commission on Elections (Comelec) from running in the fourth district of the province for lack of residency. Goma became the latest LP member to suffer defeat in the hands of the Comelec. Earlier, the poll body nullified the 2007 election victories of three congressmen who are LP members—Gloria Dela Cruz, Edilberto Padilla of Pangasinan and Josefa Mendez of Batangas.

For Goma, an LP senatorial candidate, said the series of defeats that the party was suffering in the hands of the Comelec could be part of a tactic to crush the LP's national campaign.

It makes it difficult for LP to say, "because can say or do other, it's as if you are disabled."



**REMEMBER, MAN** — Even the moments are reminded. Ash is applied on a child's forehead on Ash Wednesday signifying the start of the 40-day season of Lent at the Redemptorist Church in Barotac, Pangasinan. PHOTO BY AP/WIDEWORLD

## Life's no Eden for Ador and Eva

By Charmaine Lirio and Justin Foggins

(Part of a series)

WITH 13 CHILDREN running around, life for Ador and Eva Francisco isn't anywhere near the Garden of Eden of Ador and Eva before the fall.

Eva was 16 years old when she first got pregnant. After her third child was born, she was advised by friends to undergo tubal ligation.

"I was afraid, I didn't know what exactly they'll do to me. I didn't want to do it. Until now, I won't."



Fernando del Mundo

Chief

So, she got pregnant again, and again, and again. She almost died giving birth to no. 12 four years ago. The latest pain that came last year with no. 13 was excruciating.

"I didn't notice that I already have many children."

LEAFY

## From north to south, farmers try to survive

By the Inquirer Bureau

INTENSE HEAT IS DRYING up farmlands, reservoirs and waterways all over the country, and farmers are scrambling to find ways to cope and survive.

The electrical signs of El Niño, a weather phenomenon referring to the warmer-than-normal sea surface temperature in the Pacific Ocean that results in drought in Asia and Australia, and wet winters in the United States, are causing their toll in the Philippines, according to agriculture officials.

With the lack of rainfall and irrigation water, Filipino farmers are keeping a closer watch over their fields as this whatever available water is used wisely.

Huge chunks of light-brown soil have appeared in the corn fields of Cagayan Valley and Pangasinan, while rice paddies have turned barren in Ilocos, Bulacan, Pangasinan, Bataan, Cavite, Laguna, Negros Occidental and other provinces.

EL NIÑO / A1

## Globe, PLDT OK to host 'secret' poll data centers

By Kristine L. Alavo

MANILA

That's the operative word when Globe Telecom and Philippine Long Distance Telephone Company (PLDT) yesterday agreed to host the main data

centers for the transmission of results in the May 13 automated elections, officials said.

The decision was reached a day after the telecom giants announced they were considering withdrawing their offers to the

COMELEC / A1

## Fugitive poll exec Bedol fired at last

By Kristine L. Alavo

THE COMMISSION ON ELECTIONS (Comelec) has dismissed Unang Bido, the controversial Maguindanao election supervisor, amid reports that he would surface to contest from in the May 10 general elections.

Bedol's sacking came days after he made a mockery of his duties, which resulted in all 12 administrative assistant candidates winning in Maguindanao in the 2007 elections. (See Where Have I Been on Page A8.)

Bedol, being dismissed, Bedol was "temporarily banned" from the



**LADIES' MAN** Vice presidential candidate Mar Roxas (left) and his wife, Liza, are seen with other candidates and supporters at the Bakeshop public market in Davao City, where he and Liberal Party presidential candidate Mar Roxas are campaigning on Wednesday. PHOTO BY AP/WIDEWORLD

## Int'l outrage growing over 'Morong 43' case

By Alvin Papa

INTERNATIONAL OUTRAGE over the arrest, detention and torture of the "Morong 43" is growing.

A Methodist delegation, led by Rev. Sandra Richards, led her congregation in the United

States has expressed concern over the detention of the 43 health workers who were arrested on Feb. 6 in Morong, Rizal, on suspicion that they were communist rebels.

"The case is already of international concern. We moved an

INTERNATIONAL / A16

## Trillanes, Lim get bail but stay in jail

By Mike Mendez, Jocelyn R. Uy and Christine G. Arendato

IT'S A CASE OF SO NEAR AND yet so far for Sen. Antonio Trillanes IV, Gen. Danilo Lim and 16 other Maguindanao rebels. Despite Makabul Judge Elva

Alameda's grant of their bail request in connection with rebellion charges involving the siege of Pao de Sarrat (Mabini) in 2007, the Armed Forces said they still had to be detained pending the resolution of their court-martial cases for the 2003 Olongapo mutiny.

"According to the Trial Judge Advocate General Col. Gilbert Rios, they will only be freed only after the military has agreed, because they are still facing general court-martial cases," Lt. Col. Romeo Rosendo Jr., the AFP spokesperson, said. (TRILLANES / A15)





## Among Ed appeals ouster

POWELL, 47, IS "TAKING IT" FURTHER, protesting the Commission on Election's decision removing him from office, suing the poll body's decision to cross the word referring only to "Powers" from his original name.

The poll body said the lawsuit, which started in August 2009, demanded Florida paying \$231 million over five months as official of the Liberal Party in Wisconsin.

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A black and white photograph of a woman with long, dark hair, smiling and posing in a light-colored, possibly wet, bikini. She is standing outdoors, with palm trees and a beach visible in the background. The text "Yes, you can!" is written in a stylized font on a dark rectangular background in the lower left. The word "marie" is written in a large, bold, lowercase sans-serif font across the bottom of the image.

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# Mar Roxas upheld as LP head

## Kris to join Noyonoy drive

By G. C. Cabañero

TELEVISION HOST ERIC AQUINO AND other close allies of Liberal Party president Benigno Aquino III are expected to join the campaign trail next month to add weight to the last-minute presidential drive.

This was revealed by Aquino who is also working a private meeting with telephone leaders such as his brother-in-law, Mike Velarde of the 10th District group and Pastor Apollo Quinsac of the Eastern Samar Diocese of Jaro (Cebu) in the next few weeks to further solidify his lead before election day.

In an interview with reporters in Davao City, Aquino said he expected Kris to join last-minute campaigns starting March 26 when the campaign trail opens, and he mentioned possible roles.

"I don't think she will be with us all the time. She and my friends were part of the group that made the story heard by everyone. This group is still funded," said Aquino who mentioned that he and his wife, Kris, are still active in the campaign.

Aquino said that other stars would jump on the campaign wagon starting next month.

By Dora E. Paez

THE SUPREME COURT HAS AFFIRMED the election of Liberal Party vice president candidate Mar Roxas II as party president as it rejected the petition of incumbent LP members led by former environmental secretary Juan "Lito" MORALES.

The high court, in a unanimous vote last week, unanimously affirmed the Commission on Elections' decision to uphold Roxas' election on Nov. 26, 2010, as party president, as well as the party's decision to expel a group of "pro-administration" candidates led by Morales.

Among those along with Representative Marito Dela Cruz Jr. of Quezon City, Rodolfo Salazar of Oriental Mindoro, Danilo Suarez of Quezon, Salomon Chongchong of Negros, Antonio de la Cruz of Zamboanga, and former representative Hilda Cruz of Northern Samar and Melvin Marcos of La Union and former LP vice president General Constantino Quinsac had asked the high court to nullify their expulsion from the party as well as Roxas' presidency.

"The Court did not merely affirm its decision, which upheld [Roxas'] election as LP president but refused to rule on the validity of Aquino's act of expelling from the party," the high-courts declared, referring to the poll body's resolution last June 18, 2010.

It said Roxas was not right to rule on the

legitimacy of Roxas' election because this was part of its business to regulate political parties and to recognize their legitimate leaders.

The court was also strict in its ruling, saying that the issue of Roxas' act is final, and the court said in a decision penned by Associate Justice Roberto G. Ochoa.

"Under the circumstances, the validity or invalidity of Roxas' act is a question that is already a moot issue that had to be settled within the party's internal rules and regulations over which the Commission has no jurisdiction," the Supreme Court stated.

The court did not give way to Aquino's claim that they were denied due process when they were expelled.

"Such expulsion is for the most part a matter of party membership and discipline in which the Commission can act decisively, given the limited scope of its power over political parties," it said.

"The Commission's jurisdiction over internal party discipline is limited. It does not have blanket authority to resolve any and all controversies involving political parties. Political parties are generally free to conduct their activities without interference from the state. The Commission may intervene in disputes internal to a party only when necessary to the discharge of its constitutional functions," it added.

The Commission has already filed a petition with the Supreme Court to nullify the Commission's decision to uphold Roxas' election and to declare the Commission an independent commission.



**BACK FROM HAITI**  
The Philippine medical mission returns from Haiti after a three-week stint in the earthquake-ravaged country. The Filipinos also helped in treating injuries and victims related to the earthquake, which struck on Jan. 12 and killed more than 200,000 people.

## Gordon: Who needs celebs?

By Edwin C. Tanabe Jr.

BAKANGAS CITY—WHO NEEDS CELEBRITY endorsement?

Not presidential aspirant and Sen. Michael Gordon who said previously, "I don't need celebrities. If you are a good leader, you need to be able to stand on your own feet."

Gordon spoke to about 200 people here yesterday at the annual four-day assembly of the Alliance of Bible Christian Communities, Inc. of the Philippines (ABCCEP).

Commenting further after the event, he said, "I've seen really strong, if you will, really two figures, you don't have to depend on celebrities."

In an apparent reference to popular media celebrity, Gordon asked his audience at the ABCCEP assembly if they would name the word of "celebrity" who had been called for drugs.

Dolphy, who has now been in jail, is an example, Sen. Michael said.

The leader quickly added he was not trying to disparage campaigning, since he was not making up names. He said, "I should look for people who stand on their own feet."

## Bro. Eddie open to religious backing

LEONARDO BERNABEO-EDRISALAY AND presidential candidate Bro. Eddie Villanueva personally said he did not object to religious leaders endorsing political candidates but was hoping they would "support righteous leadership."

Asked to comment on the matter after speaking at the start of the annual four-day assembly of the Alliance of Bible Christian Communities, Inc. of the Philippines (ABCCEP), Villanueva said he himself was open to seeking and accepting support from religious leaders.

ABCCEP membership Bro. Chito Ramos said that while the group would not endorse any presidential candidate, its members want to be seen to such of the support in order to gain momentum for his election.

"This is part of our aim to be socially and politically relevant through civic education. We think the best way is to... let us do our share," Ramos said.

Edwin Tanabe Jr.

## Joey de Venecia 'sadly vindicated'

IT'S "HIGHEST PROBABILITY" THAT THE ALLIANCE of the Bayan (AB) will win.

This was the statement yesterday of one of the candidates for the 2012 election, who said the Commission on Elections (Comelec) is likely to select a common government of the Bayan (AB) and to select a common government of the Bayan (AB).

For the past several months, the Manila, an ITI representative who, when he was in the office of the AB, the CTE said for a national broadcast network, but stated that the administration of the election was not going well. He has been pushing for a common government of the Bayan (AB) and to select a common government of the Bayan (AB).

The Manila, an ITI representative who, when he was in the office of the AB, the CTE said for a national broadcast network, but stated that the administration of the election was not going well. He has been pushing for a common government of the Bayan (AB) and to select a common government of the Bayan (AB).

He said he felt "sadly vindicated."

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Editor: Raul O. Marcelo • Assistant Editor: Corrie S. Narisma

## BUSINESS

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## El Niño to worsen Mindanao power crisis

Water levels at hydroelectric facilities receding fast

By Amy B. Ramos

THE EL NIÑO WEATHER DISTURBANCE IS EXPECTED TO worsen the already critical power supply in Mindanao as water levels in the hydropower plant complexes on the island continue to recede, according to an industry official.

"The Philippine Atmospheric, Geophysical and Astronomical Services Administration (PAGASA) has earlier warned that the country will experience a long dry spell during the summer. This will affect the generating capacities of hydropower plants in Mindanao," said Joseph Brown, vice president of Global Holdings Corp.

Global Holdings is a company controlled by the Singapore-based, a spending \$450 million to build a 200-MW coal-fired power plant in Marikina, Pangasinan, this year.

Scarcity of the water level at the Agus hydropower plant complex was

B 10/0000

## INDEPENDENT CURRENCIES



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## Stocks rally on Wall St. surge

LOCAL STOCKS RALLIED YESTERDAY, adding the most since late 2010, as investors were encouraged by strong fresh bid support from the global economic recovery was gaining ground.

The main stock Philippine Stock Exchange index added 50.86 points or 1.72 percent to close at 2,938.87 on a volatile trading in PSE-100 index. The benchmarking movement across all countries. The rally was led by the property and holding firms, which surged 2.31 percent and 2.25 percent, respectively. Other sectors that led the rally were the telecommunications (PSE-100), followed by the group of 10 listed stocks. On the other hand, there were 45 decliners and 17 unchanged stocks.

The index that benefited most from potential rally was Belle Corp., Globe Telecom Inc., Philippine Long Distance Telephone Co., East Philippine Holdings Corp., Ayala Corp., Metropolitan Bank and Trust Co., SM Investments Corp., Alliance Global Group Inc. and Ayala Land Inc.

Data by Databank

## Sy hikes Belle stake to more than 51%

By David C. Dantes

TYCOON EDUARDO SY RECENTLY BOUGHT an additional block of shares in Belle Corp. to cement a majority control on the leisure resort and gaming firm, making it the largest stockholder in the company.

By the country's richest man and the dominant player in developing real estate, retailing and banking in the Philippines, bought 225 million new shares in Belle Corporation to an additional 3.5 percent interest in the company from the open market at various prices, Sy sources said.

Dealers estimated that the buying price ranged from between P1.42 and P1.46. They said the 100 group stock have had a trading order on its brokers to accumulate Belle shares, paying the way for the takeover of the stock company.

Belle, which traded between a high of P1.54 and a low of P1.42, was the most actively traded stock in the local stock market, accounting for 9.2 percent of the P1.54-billion turnover.

As yesterday's closing price of P1.48 a share, Belle had a market capitalization of about P1.1 billion.

With yesterday's transaction, the 100 group now controls more than 51 percent of the company.

Other sources said the system needed to acquire a majority stake in the company for the use-free installation of a small-scale transmission that will pave the way for the installation into Belle of a P16-billion transmission complex that it will jointly develop with the 100 group along Manila Bay under the auspices of the state-owned Philippine Amusement and Gaming Corp.

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### Philippine Stock Exchange

May 18, 1999, 11:00 AM

Year	Month	Day	Time	Location	Activity	Notes
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## London-based fund invests \$50M in Ayala's Integreon

By Paula C. Mancoske

**LONDON BASED PRIVATE EQUITY**  
First Actis Capital is investing \$14  
million in *Alpha*, led knowledge pro  
cess outsourcing company. Alpha  
can be...

In a *Blackboard, Inc.* Corp. and *Blackboard, Inc.* acquisition of the newly formed *Blackboard, Inc.* would serve as the nation's first educational institution in growing the company.

"This gives us the resources we need to pursue our expansion plans this year, be it to grow organically or through acquisitions," *Blackboard, Inc.* president *Blackboard, Inc.* said in a letter to the board.

"With *Act 1* investment, we plan to grow our range of services and technologies, with strategic acquisitions and launch new delivery systems, including a second site in the

## Outsourcing firm readies expansion

*Philyrea*? *Ischnura* sp.

The investment will dilute AgriStar's stake, held through the group's business process outsourcing (BPO) holding firm Green Investments Ltd., to 36 percent from the previous 66 percent interest.

Wend Apple, Intel president and CEO, said the entry of the United States-based company would

The company said the fresh funds would help Intergroup continue on the high-growth path it has been for the past three years.

In 2008, the past the Arco group acquired Intergroup, the company's yearly revenues rose to \$1.3 billion. At the end of 2009, initial figures showed Intergroup's revenues to close to \$90 million, resulting in a compounded annual growth rate of 87 percent over the last three years.

The said the company planned to double its local workforce to 400 people by setting up another delivery center in the country. Intergroup has about 2,000 workers worldwide, with 200 in the Philippines.

## Online gaming firm stocks surge on listing

By David C. Bordman

THE SHARE PRICE OF LEADING online gaming firm B2i Games Inc. yesterday hit its maximum being listed at the Philippine Stock Exchange ahead of a targeted initial public offering (IPO) later this year.

**W + Co.**, which started trading under the ticker "W," yesterday saw its share price surging 40 percent, the maximum daily price increase allowed in the local stock market, to close at 375 a share from an opening price of 260.

At its closing price, the company had a market capitalization of \$1.67 billion. About 20.54 million IP's Games shares were listed on the OSE's second board, a platform for companies with a "potential for negative growth," an operating history of at least a year prior to the listing and a minimum capitalization of at least \$200 million.

"This is a major milestone for us. When we started a game in 2005, our vision was to revolutionize online gaming. Looking back over the last three years, we've achieved our vision," Grieshaber said.

"We are now in position to attract funds from the capital market. Now we intend to do that in through a commercial vehicle of very good content and also improving online gaming infrastructure in the Philippines," he said. "A lot of these ideas that we have, they're only as good as the execution. We've got the right team, the right strategy and now we have the funding."

Globe banks  
on data  
services  
for growth

GLORI TELECOM Inc. expects its corporate data business this year to exceed the double-digit growth in 2000 due to the introduction of new products that can help companies minimize in-

In a statement issued yesterday, the country's second largest information services firm said its corporate and Global Business led the double-digit growth in the corporate media business.

"We will increasingly diversify our product portfolio to include managed services, leveraging our core data relationship with our corporate clients by offering value-added solutions and not just pure services," said Steven L. Glick, president and CEO.

Chlorine's Hazardous Waste data, however, rose 23 percent to 791, but last year Chlorine was the only one to

only use space in an uncoordinated and self-serving manner. Industry and the State will try to use the capacity of the high-speed lines as much to support of the connectivity to governments of its important clients.

Glade intends to grow its fixed-line revenues by first this year by expanding its services offerings to attract price-conscious customers. Glade Networks has adopted a strategy from being an access-based network provider to a value-added network provider, since last year, the company said in its annual report. **Franklin**

UNIVERSITY OF PANGASINAN, INC.  
Dagupan City, Pangasinan

NOTICE OF DECREASE  
IN AUTHORIZED CAPITAL STOCK

Please be notified that during the Special Meeting of the Stockholders of **University of Pangasinan, Inc.** ("the Corporation") held on 28 December 2008, stockholders owning at least two-thirds (2/3) of the outstanding capital stock of the Corporation approved the proposal of the Board of Trustees of the Corporation to decrease the Corporation's authorized capital stock from Two Hundred Thirty Million Pesos (Php230,000,000.00) to Nine Million Two Hundred Thousand Pesos (Php9,200,000.00) by decreasing the par value of the Corporation's shares from One Hundred Pesos (Php100.00) to Four Pesos (Php04) per share.

(signed)  
**TROY A. LUNA**  
Corporate Secretary

UNIVERSITY OF ILLINOIS, INC.  
Urbana, IllinoisNOTICE OF DECREASE  
IN AUTHORIZED CAPITAL STOCK

Please be notified that during the Special Meeting of Stockholders of University of Idaho, Inc. (the "Corporation") held on 29 September 2010, stockholders owning at least two thirds (2/3) of the outstanding capital stock of the Corporation approved the proposal of the Board of Directors of the Corporation to decrease the Corporation's authorized capital stock from One Hundred Seventy-Five Million Paces (Php 175,000,000.00) to Fifty Seven Million Seven Hundred Fifty Thousand Paces (Php 57,750,000.00) by decreasing the par value of the Corporation's shares from One Hundred Paces (Php 100.00) to Three Three Paces (Php 33.00) per share.

**TROY A. LUNA**  
General Secretary

## 5002862

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# LIFESTYLE Food

Editor: Thelma Sison San Juan

Mobile text: text 80001752 to 1457 | Website: www.inquirer.com/lifestyle | E-mail: lifestyle@inquirer.com.ph



## Fish that makes you happy, lamb that calms you down

Enter the quirky world of Jetro Rafael's Van Gogh Is Bipolar—a resto, would you believe?

Text and photos by Anna A. Jambona

**E**VER HEARD OF the "happy" fish and the "calm" ones?

But instead when depressed, for instance, and lamb when overwhelmed by emotions. The fish should make you happy; the lamb should calm you down. A little bit of both should get you in a good mood.

This is one way of San Gogh in Republic, a restaurant north of Manila where mood is served as a platter of home-made cooking. With its colorful walls of white and red, minimalist furniture, antique mirrors, books, photographs, old vinyl cassettes, and various items, the place is a private world of its bipolar owner, Jetro Rafael.

When we visited, our impressions were not only of the food and atmosphere, but

this up as a way of sharing my life and my view. San is not about food, it's about the place. It's a personal experience about the people who come here," said Jetro Rafael, owner/cook of Van Gogh Is Bipolar (334 St. Augustine St., Makumbi Village, QC).

### Organic

Everything is organic herbs and flowers (collected from his pocket garden, veggies from Batangas and Taguig). Black mountain rice from up north, wild honey from Palawan, too.

Even his frugal home-made spicy beef served in a root vegetable with lamb and corned in a clear glass wedged with herb and mushroom is, well, organic. He makes it from scratch, so you wait 20 minutes for this, but it's just worth it.

But it's not all about food at Van Gogh Is Bipolar. In fact, it's not about romance, either. (His organic tea with wild honey is priced at only P5.) The restaurant, which has become famous

in just five months after opening, attracts a crowd, open on weekdays. In, above all, Rafael's secretary.

Rafael, a travel photographer by profession, used to live with his parents at the 107 Teacher's

1502-04

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Photo: [illegible]  
Photo: [illegible]



## Fish that makes you ha



Photo: [illegible]  
Photo: [illegible]  
Photo: [illegible]



## Seven-day detox menu

Therapeutic. Take baby steps

By [illegible]

It's not about a diet, it's about a lifestyle. A detox menu is not a diet, it's a way of life. It's a way of life that is healthy and balanced. It's a way of life that is sustainable. It's a way of life that is... [illegible]

The detox menu is a way of life. It's a way of life that is healthy and balanced. It's a way of life that is sustainable. It's a way of life that is... [illegible]

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## Pizza of pepperoni, sausage

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ppy, lamb that calms you down

Other factors such as the need to improve the quality of the information and communication in the public sector, as well as the need to improve the quality of the information and communication in the public sector, are also important.

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# What Camille Villar loves about sinigang

**SOO PINOY**  
The NATIONAL SEARCH  
for the ultimate Pinoy dish

She prefers the dish with lots of 'kangkong, gabi' fresh small shrimps or 'suahe' that has natural sweetness

By Irene C. Perez

**SPRING THE BIRTH OF SINIGANG NA HIPON** not only warms you up, but also gives you comfort as a cold and gloomy day says young executive Camille Villar.

"I like my sinigang na hipon cooked very, very sour and I eat it with lots of rice, with soda on the side" she says. "I love rice I eat about two cups per meal."

Camille, the only daughter of Sen. Manny Villar who is running for President in this year's elections, and Liza Pineda Pina, Camille Villar, is a relatively, but to speak to her that she is more of a business person. The 34-year-old Business Management graduate of Ateneo de Manila University is corporate communications head of Veto Land, a real estate company owned by her dad.

"I am really interested in business, it's not that I was born into it, I really wanted to delve into construction and I enjoy what I do," says Camille during an interview in her office, clad in a black dress, her longish dark hair matched with black sharp dress with sensible heels.

The party girlpin is also a self-confessed foodie. Camille used to cook sinigang na hipon during her brief stay in London where she



Pinoy Dish Number 3: Sinigang

attended school. Here in Manila, this flavorful dish prepares the sinigang for the Villar family. The ingredients are bought from the local markets at Lae Pinon or Taglog.

"The sinigang at home has lots of vegetables like kangkong and gabi. I prefer fresh small shrimps or suahe that has natural sweetness, that big prawns that could turn tough when not cooked properly," adds.

Sinigang na hipon is one of the featured Filipino dishes in the "Soo Pinoy" campaign, a project of Unilever Food Solutions, which carries Knorr Taster's Choice Bases, Philippine Daily Inquirer and Department of Tourism that aims to promote local cuisine and encourage Filipinos to use new options in their standard dishes.

## Why Sinigang?

Embudo, Oranaga, quince, food historian and older Doran Fernandez for her essay, "Why sinigang?"

"Her explanation was that our bodies are craving in hot weather. One can also add that sinigang is soothing to the sick and after a feast, with rich food, sinigang brings the palate back down to earth. According to Fernandez the ingredients in sinigang reflect not only the ingenuity of Filipino cooks, but it also shows the effect of geography on our tastes. Fruit and vegetables in our sinigang are markers of the Philippine landscape. The way sinigang is prepared and preferred in different regions reflects the environment. Most importantly the sour sinigang is a perfect foil for the meat. I would say blandness, of boring

food. Show me what you eat and I will tell you who you are, therefore, food holds the key to that elusive thing we call national identity," Oranaga, Dec. 28, 1999.

Cooking sinigang is as simple as boiling all the ingredients together. It requires readily available ingredients such as shrimps, onion, tomatoes, radish, sitam, kangkong, string beans or green pepper, some garlic is better and a leaving agent like sampaguita, papaya, kamias, calamansi, suka. A good substitute to these fruits is the instant Knorr Taster's Choice Base that gives the natural flavor of sampaguita, citrus the heavy and time-consuming preparation. It is also more cost-effective than using real sampaguita. Inevitably, though, in overcooking, your shrimps that could make it rubbery.

## Favorite Pinoy food

Eating together is a way to bond for the Villar family. Camille says, as her parents and two older brothers, it is a point to rise in together at least once a week.

"We are heavy fish eaters. My mom likes steamed fish, while my dad prefers fried or grilled bangus and tilapia. My brothers and I enjoy bangus na langas."

Having a feast of Filipino food is a special treat during family get-togethers for the Villar clan, says Camille. The table is laden with dishes like lechon, atchara, adobo and sinigang for dessert.

"I am not a sticky eater, I could eat unadorned 'suahe' anytime," he adds, and soft-spoken Camille says,

laughing.

The Villar family is busy campaigning all over the country and Camille makes sure she is in her dad's side throughout. When they are not home, she time out in a Japanese restaurant or enjoy local cuisine in Asia and Manila.

## Make it yourself

Test if your usual Pinoy food preparation? Try out new food seasonings recently launched by Unilever Food Solutions like the Taster's Choice Bases, a sweet, between sauce perfect for grilled, roasted and fried dishes, which could double as a dipping sauce, too.

The Knorr Pinoy Base delivers an Oriental touch to your cooking and can be used as a ready tocooking for your fast dishes.

Cooking for something easier? Cut your cooking time, effort and cost with the Knorr Pinoy Base that easily takes out the busy part of cooking when used in moderation. It also is a good seasoning agent for your basic sinigang.

## Sinigang na Hipon

### Classification:

Food Field: Sinigang; IC

Portion Size: 100g

Preparation Time: 20 mins

Cooking Time: 45 minutes

### Ingredients:

1kg Prawns or shrimp heads (washed)

(about 1kg prawns is 40-50g)

2L Water

50g Knorr Pinoy Taster's Choice Base

100g Lard (washed) and sliced

50g Taro (washed)

20g Onion

20g Tomato

50g Garlic

1kg Prawns or shrimp

200g Assorted vegetables

100g Peas or peas (washed) (washed)

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Camille Villar

## Presenting the Top 10 Restaurants in the Philippines with the best Sinigang



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